Fleet Health Risk Appraisal

Tailoring Your Health Promotion Interventions to Identified Risks

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Current Health Behavior Status

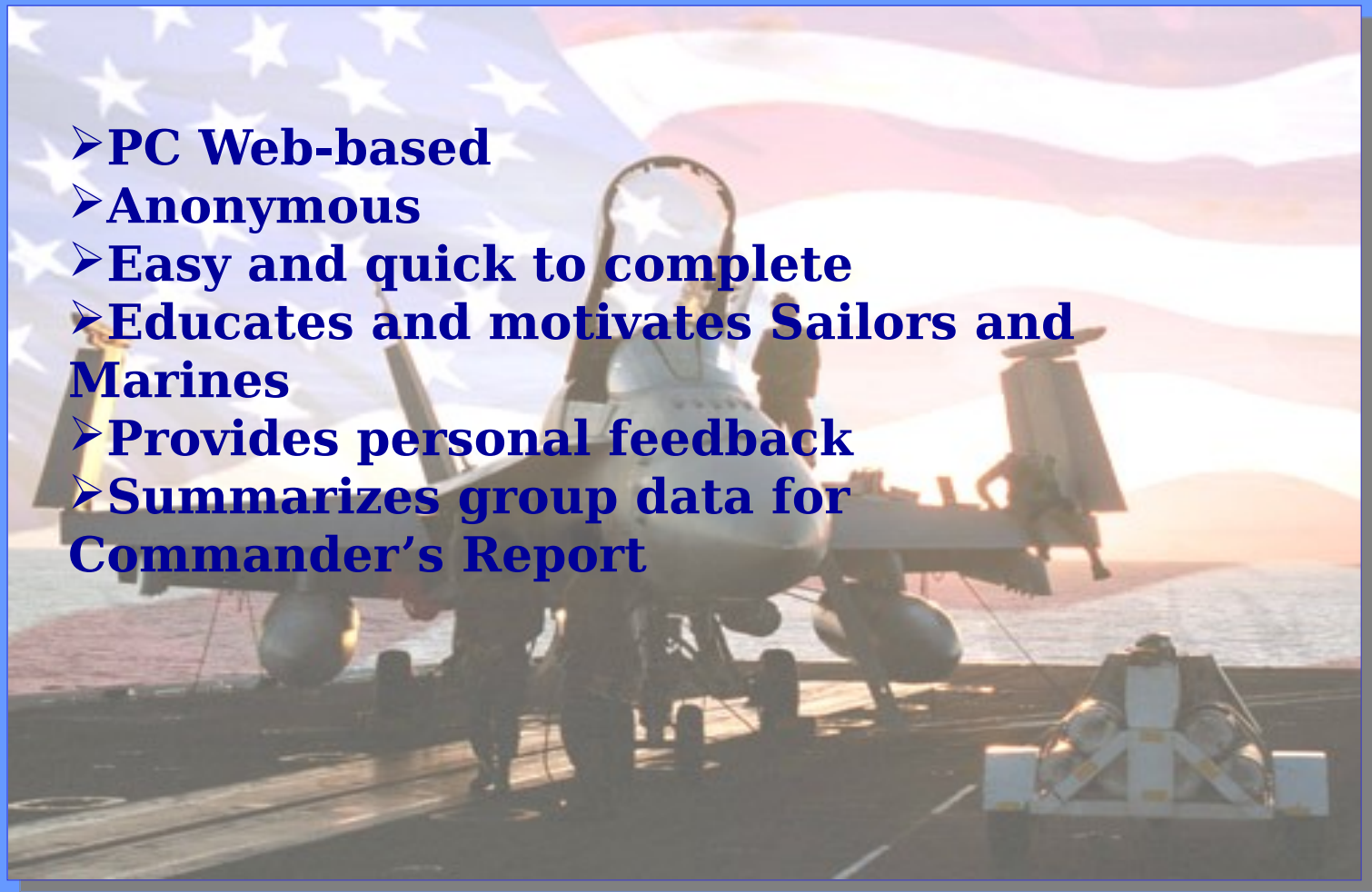
- Health of AD Military Members: half of all injuries and illnesses are due to behavior (1/4 to environment, ¼ to genetics)
  - Smoking: 36%, smokeless tobacco: 15-32% [Navy and Marine Corps]
  - Heavy drinking: 21-31% [heavy use, past 30 days]
  - Overweight: 13-36% [varies by age and branch]
  - 70% report report exercise 3+ times per week
  - Hospitalizations from injuries (3.6/100)
  - Seat belt use: 92%
  - Helmet use: 82% (motorcycle), 52% bicycle
  - Condom use: 42% (unmarried sexually active)

*Source: 2002 DoD Survey of Health Related Behaviors Among Military Personnel

Prevention

- Primary Prevention: reducing those risk-taking behaviors that will prevent a condition from occurring
- Secondary Prevention: ID & treat illness and injury when they occur; return to full health
- Tertiary Prevention: treatment of chronic conditions (stabilize & rehab); retain current functional status

Fleet HRA

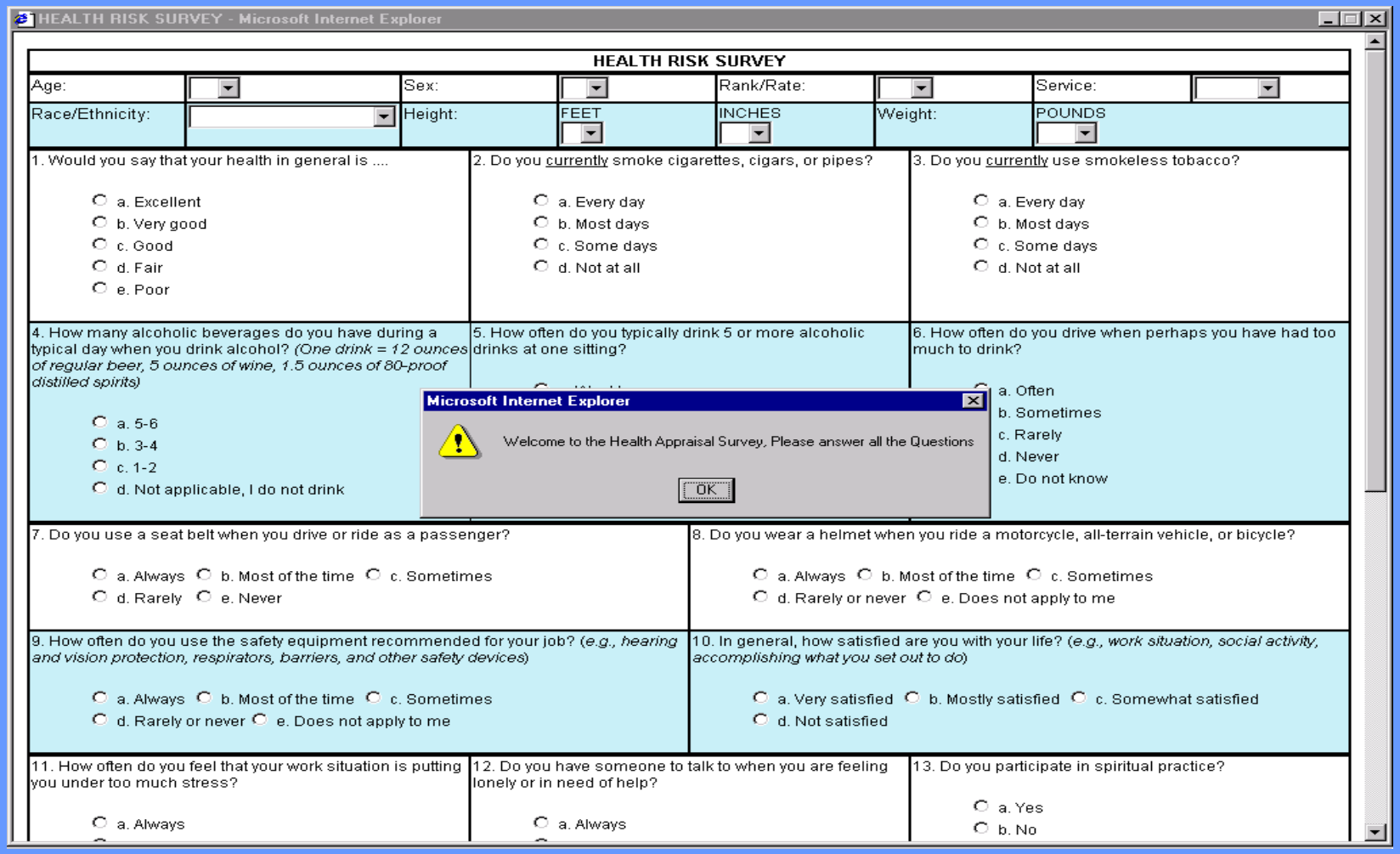


- **PC Web-based**
- **Anonymous**
- **Easy and quick to complete**
- **Educates and motivates Sailors and Marines**
- **Provides personal feedback**
- **Summarizes group data for Commander's Report**

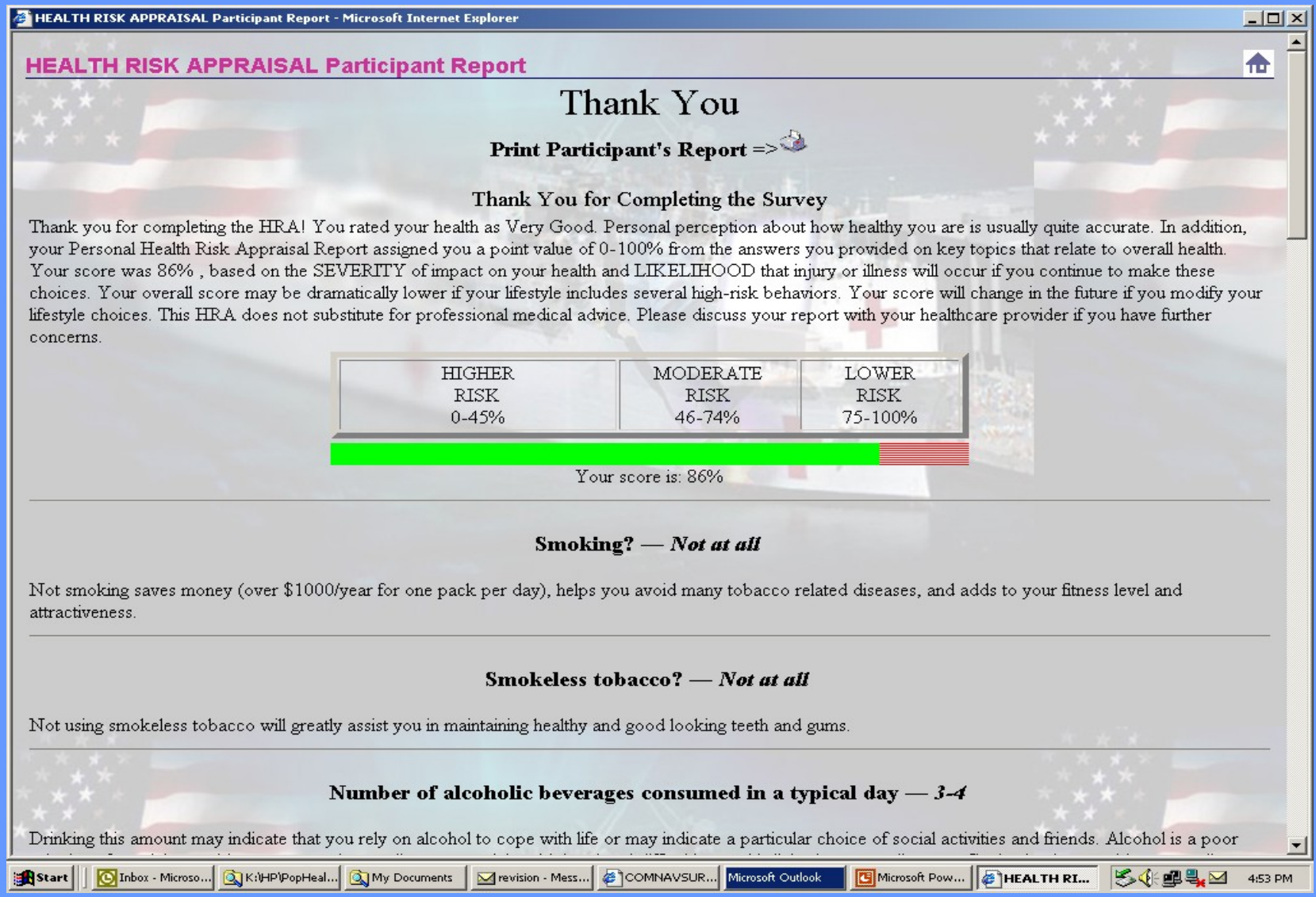
Steps for Getting Administrator Privileges

- **Command will assign a POC as Administrator**
- **This person applies for Administrator privileges through Navy Medicine Online http://navymedicine.med.navy.mil/**
- **New Administrator will receive LOGIN information and instructions**
- **Administrator will provide Commanding Officers with command group reports on "Health of the Command"**

Assessment Tool


HEALTH RISK SURVEY - Microsoft Internet Explorer
HEALTH RISK SURVEY
Age:
Sex:
Rank/Rate:
Service:
Race/Ethnicity:
Height:
FEET
INCHES
Weight:
POUNDS
1. Would you say that your health in general is ....
a. Excellent
b. Very good
c. Good
d. Fair
e. Poor
2. Do you currently smoke cigarettes, cigars, or pipes?
a. Every day
b. Most days
c. Some days
d. Not at all
3. Do you currently use smokeless tobacco?
a. Every day
b. Most days
c. Some days
d. Not at all
4. How many alcoholic beverages do you have during a typical day when you drink alcohol? (One drink = 12 ounces of regular beer, 5 ounces of wine, 1.5 ounces of 80-proof distilled spirits)
a. 5-6
b. 3-4
c. 1-2
d. Not applicable, I do not drink
5. How often do you typically drink 5 or more alcoholic drinks at one sitting?
6. How often do you drive when perhaps you have had too much to drink?
a. Often
b. Sometimes
c. Rarely
d. Never
e. Do not know
Microsoft Internet Explorer
Welcome to the Health Appraisal Survey. Please answer all the Questions
OK
7. Do you use a seat belt when you drive or ride as a passenger?
a. Always b. Most of the time c. Sometimes
d. Rarely e. Never
8. Do you wear a helmet when you ride a motorcycle, all-terrain vehicle, or bicycle?
a. Always b. Most of the time c. Sometimes
d. Rarely or never e. Does not apply to me
9. How often do you use the safety equipment recommended for your job? (e.g., hearing and vision protection, respirators, barriers, and other safety devices)
a. Always b. Most of the time c. Sometimes
d. Rarely or never e. Does not apply to me
10. In general, how satisfied are you with your life? (e.g., work situation, social activity, accomplishing what you set out to do)
a. Very satisfied b. Mostly satisfied c. Somewhat satisfied
d. Not satisfied
11. How often do you feel that your work situation is putting you under too much stress?
a. Always
12. Do you have someone to talk to when you are feeling lonely or in need of help?
a. Always
13. Do you participate in spiritual practice?
a. Yes
b. No

Participant Report


HEALTH RISK APPRAISAL Participant Report - Microsoft Internet Explorer
HEALTH RISK APPRAISAL Participant Report
Thank You
Print Participant's Report =>
Thank You for Completing the Survey
Thank you for completing the HRA! You rated your health as Very Good. Personal perception about how healthy you are is usually quite accurate. In addition, your Personal Health Risk Appraisal Report assigned you a point value of 0-100% from the answers you provided on key topics that relate to overall health. Your score was 86% , based on the SEVERITY of impact on your health and LIKELIHOOD that injury or illness will occur if you continue to make these choices. Your overall score may be dramatically lower if your lifestyle includes several high-risk behaviors. Your score will change in the future if you modify your lifestyle choices. This HRA does not substitute for professional medical advice. Please discuss your report with your healthcare provider if you have further concerns.
HIGHER RISK 0-45%
MODERATE RISK 46-74%
LOWER RISK 75-100%
Your score is: 86%
Smoking? — Not at all
Not smoking saves money (over $1000/year for one pack per day), helps you avoid many tobacco related diseases, and adds to your fitness level and attractiveness.
Smokeless tobacco? — Not at all
Not using smokeless tobacco will greatly assist you in maintaining healthy and good looking teeth and gums.
Number of alcoholic beverages consumed in a typical day — 3-4
Drinking this amount may indicate that you rely on alcohol to cope with life or may indicate a particular choice of social activities and friends. Alcohol is a poor
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COMNAVSUR...
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HEALTH RI...
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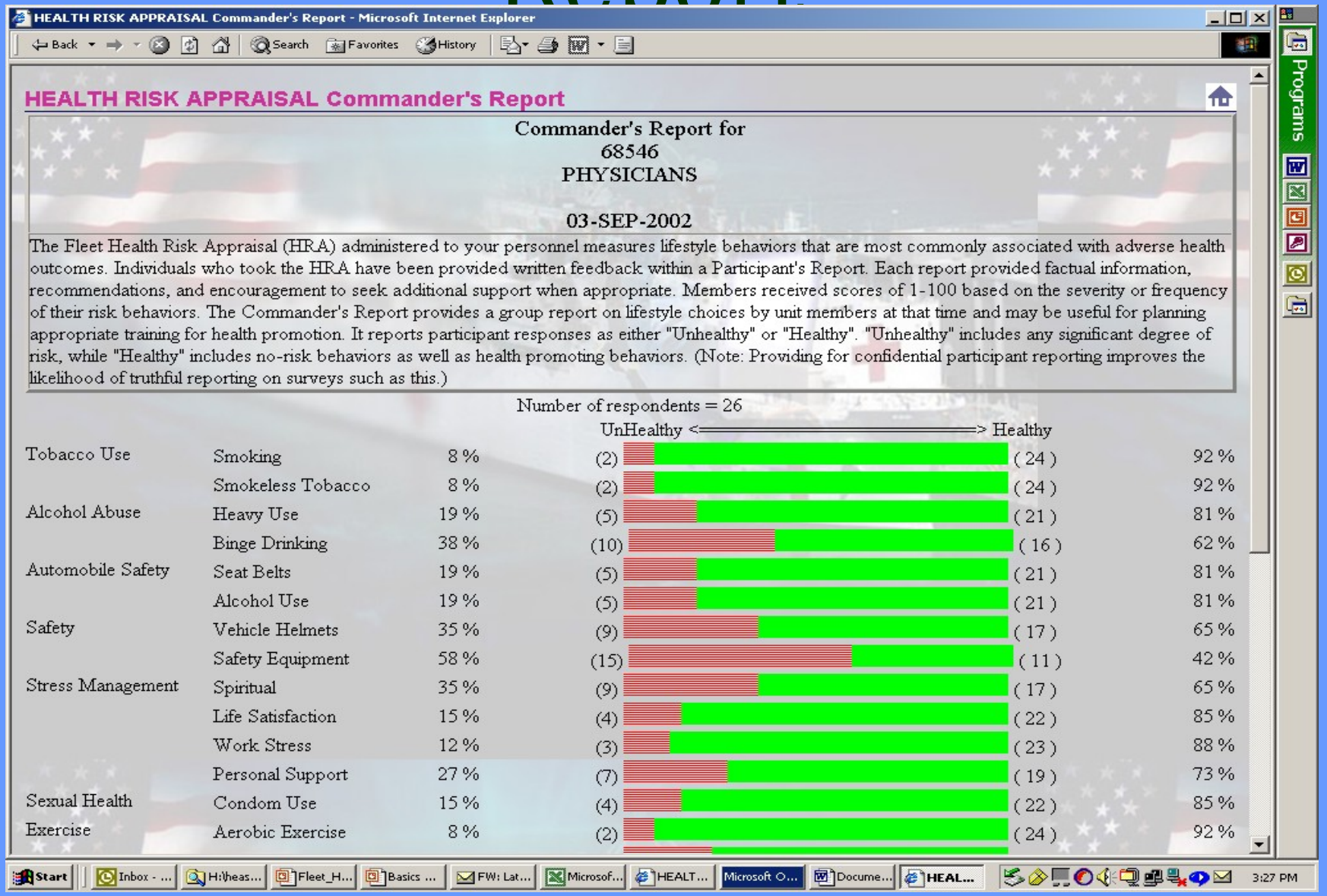
Commanding Officer's Report


HEALTH RISK APPRAISAL Commander's Report - Microsoft Internet Explorer
Back
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HEALTH RISK APPRAISAL Commander's Report
Commander's Report for
68546
PHYSICIANS
03-SEP-2002
The Fleet Health Risk Appraisal (HRA) administered to your personnel measures lifestyle behaviors that are most commonly associated with adverse health outcomes. Individuals who took the HRA have been provided written feedback within a Participant's Report. Each report provided factual information, recommendations, and encouragement to seek additional support when appropriate. Members received scores of 1-100 based on the severity or frequency of their risk behaviors. The Commander's Report provides a group report on lifestyle choices by unit members at that time and may be useful for planning appropriate training for health promotion. It reports participant responses as either "Unhealthy" or "Healthy". "Unhealthy" includes any significant degree of risk, while "Healthy" includes no-risk behaviors as well as health promoting behaviors. (Note: Providing for confidential participant reporting improves the likelihood of truthful reporting on surveys such as this.)
Number of respondents = 26
UnHealthy <=> Healthy
Tobacco Use Smoking 8 % (2) (24) 92 %
Smokeless Tobacco 8 % (2) (24) 92 %
Alcohol Abuse Heavy Use 19 % (5) (21) 81 %
Binge Drinking 38 % (10) (16) 62 %
Automobile Safety Seat Belts 19 % (5) (21) 81 %
Alcohol Use 19 % (5) (21) 81 %
Safety Vehicle Helmets 35 % (9) (17) 65 %
Safety Equipment 58 % (15) (11) 42 %
Stress Management Spiritual 35 % (9) (17) 65 %
Life Satisfaction 15 % (4) (22) 85 %
Work Stress 12 % (3) (23) 88 %
Personal Support 27 % (7) (19) 73 %
Sexual Health Condom Use 15 % (4) (22) 85 %
Exercise Aerobic Exercise 8 % (2) (24) 92 %
Programs
Start
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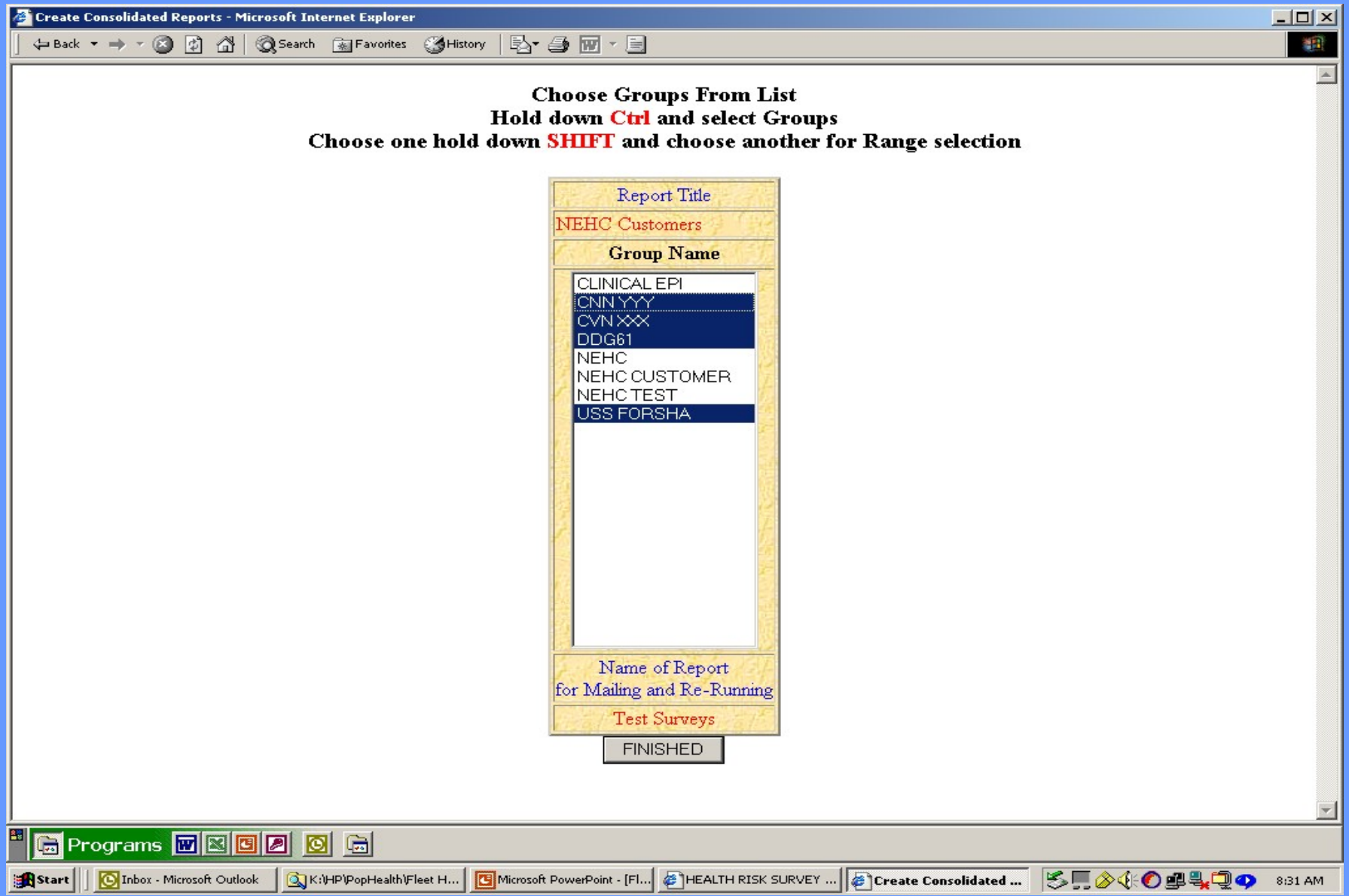
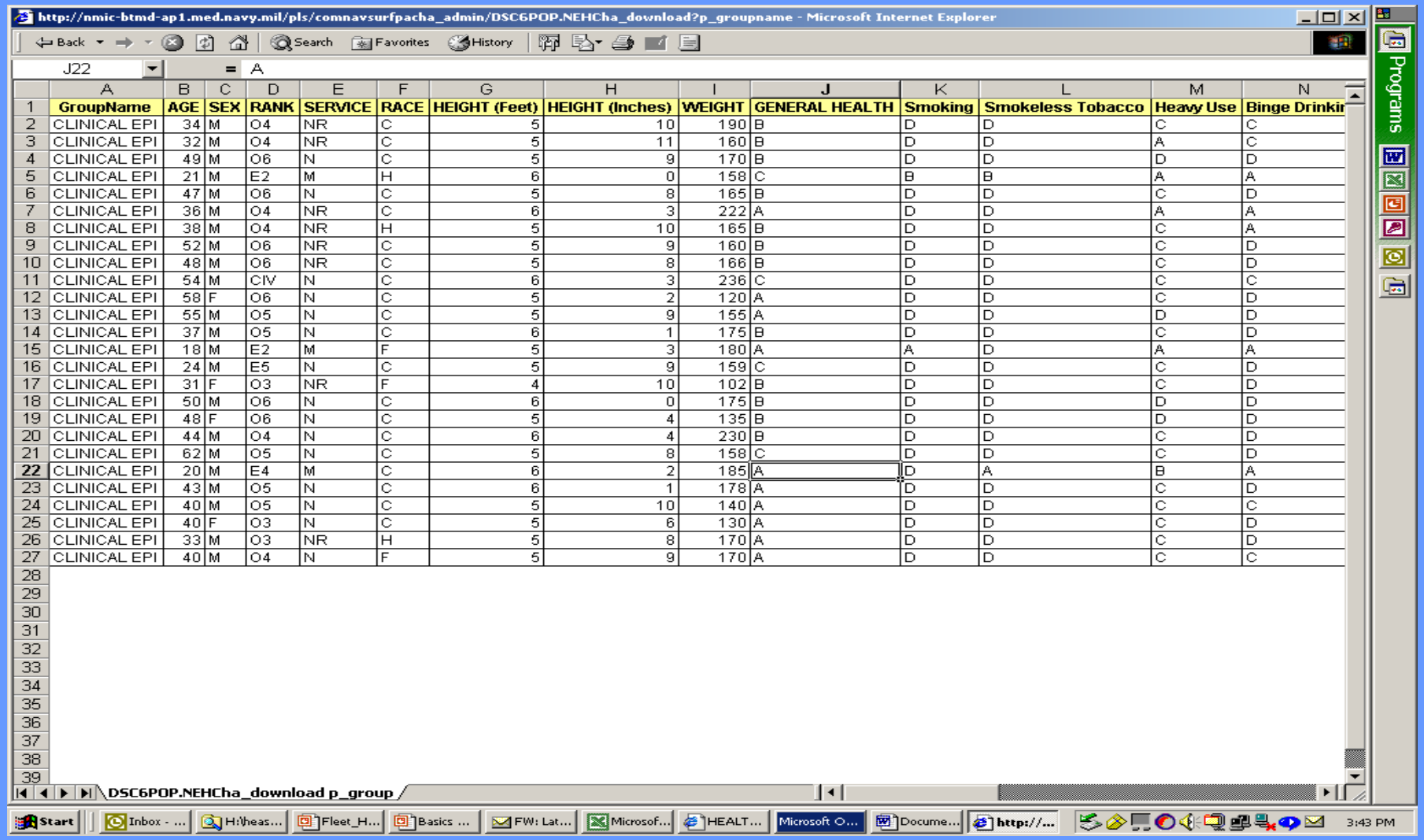
Consolidated Reports



Aggregate Data



http://nmic-btmd-ap1.med.navy.mil/pls/comnavsurfpacha_admin/DSC6POP.NEHCha_download?p_groupname - Microsoft Internet Explorer

J22 = A

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	GroupName	AGE	SEX	RANK	SERVICE	RACE	HEIGHT (Feet)	HEIGHT (Inches)	WEIGHT	GENERAL HEALTH	Smoking	Smokeless Tobacco	Heavy Use	Binge Drinkir
2	CLINICAL EPI	34	M	O4	NR	C	5	10	190	B	D	D	C	C
3	CLINICAL EPI	32	M	O4	NR	C	5	11	160	B	D	D	A	C
4	CLINICAL EPI	49	M	O6	N	C	5	9	170	B	D	D	D	D
5	CLINICAL EPI	21	M	E2	M	H	6	0	158	C	B	B	A	A
6	CLINICAL EPI	47	M	O6	N	C	5	8	165	B	D	D	C	D
7	CLINICAL EPI	36	M	O4	NR	C	6	3	222	A	D	D	A	A
8	CLINICAL EPI	38	M	O4	NR	H	5	10	165	B	D	D	C	A
9	CLINICAL EPI	52	M	O6	NR	C	5	9	160	B	D	D	C	D
10	CLINICAL EPI	48	M	O6	NR	C	5	8	166	B	D	D	C	D
11	CLINICAL EPI	54	M	CIV	N	C	6	3	236	C	D	D	C	C
12	CLINICAL EPI	58	F	O6	N	C	5	2	120	A	D	D	C	D
13	CLINICAL EPI	55	M	O5	N	C	5	9	155	A	D	D	D	D
14	CLINICAL EPI	37	M	O5	N	C	6	1	175	B	D	D	C	D
15	CLINICAL EPI	18	M	E2	M	F	5	3	180	A	A	D	A	A
16	CLINICAL EPI	24	M	E5	N	C	5	9	159	C	D	D	C	D
17	CLINICAL EPI	31	F	O3	NR	F	4	10	102	B	D	D	C	D
18	CLINICAL EPI	50	M	O6	N	C	6	0	175	B	D	D	D	D
19	CLINICAL EPI	48	F	O6	N	C	5	4	135	B	D	D	D	D
20	CLINICAL EPI	44	M	O4	N	C	6	4	230	B	D	D	C	D
21	CLINICAL EPI	62	M	O5	N	C	5	8	158	C	D	D	C	D
22	CLINICAL EPI	20	M	E4	M	C	6	2	185	A	D	A	B	A
23	CLINICAL EPI	43	M	O5	N	C	6	1	178	A	D	D	C	D
24	CLINICAL EPI	40	M	O5	N	C	5	10	140	A	D	D	C	C
25	CLINICAL EPI	40	F	O3	N	C	5	6	130	A	D	D	C	D
26	CLINICAL EPI	33	M	O3	NR	H	5	8	170	A	D	D	C	D
27	CLINICAL EPI	40	M	O4	N	F	5	9	170	A	D	D	C	C

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Summary